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FOR IMMEDIATE RELEASE

LEGACY CENTER TO HOST 13th ANNUAL HEALTH & FITNESS FAIR

Visitors Learn Healthy Living Tips

Lehi, Utah | January 16, 2014– The Legacy Center will be holding their 13th Annual Health & Fitness Fair, Saturday, January 18 from 10:00 AM – 2:00 PM. The event is free to the public.

As the New Year begins and getting fit is on everyone's minds, the fair provides a great opportunity for the public to become informed about health and fitness in general and what program are available to help them in their quest to be healthy. The fair includes free screenings for hearing, spinal testing, fitness assessments, and body compositions. There are also a number of booths where people can learn healthy living tips.



This year, the Utah County Health Department will be demonstrating proper car seat installation, tobacco prevention, and handing out radon awareness materials. Various medical organizations, including Central Utah Clinic and many of their departments will be on hand discussing what they offer in their clinics.

Visitors can also receive a free massage, children can get their face painted, and there will be drawings for prizes, which will include an annual Legacy Center family membership, valued at \$475!

In addition, annual memberships to the Legacy Center will be discounted twenty percent during fair hours only.

Come and enjoy what the Legacy Center has to offer and learn how to be healthy.

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Lehi City is committed to transparency and keeping the community informed. All media communications should be directed to the Public Information Office. The Lehi City Public Information Officer, Robert Ranc, can be reached at (801) 814-0602, or email Robert at rranc@lehi-ut.gov. Follow us on Facebook or our Twitter handle, @LehiCity.